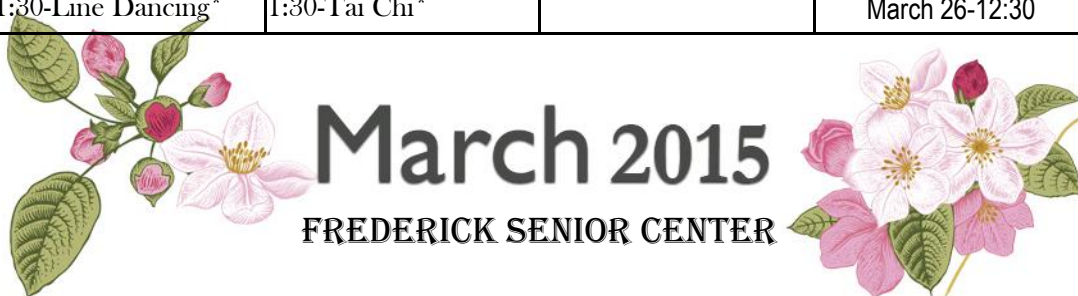


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
FriendShipCafe 1 Light fare in a friendly atmosphere for all ages Wed.&Thurs.- 11:00-12:00/ 12:30-1:00 Friday-11:00-1:00	2 9:30-S.Training 11:00-M&M Exercise 12:30-Blotter Bingo 1:00-Open Painting Studio	3 10:00-Blood Pressure 10:00-Mobile I&A 11:00-S.Training 12:00-Mah Jongg 12:15-Chair Yoga * 12:35-Bingo	4 9:00-S.Training 10:00-Rummikub 10:15-English/Spanish 11:00-M&M Exercise 12:30- <u>"Depression"</u> / Fred Balius 12:30-Bridge/Pinochle 12:30-Zumba Gold* 1:30-Line Dancing*	5 9:00-Quilting 9:00-Chinese/English 11:00-S.Training 12:15-Chair Yoga * 12:30-Bingo 1:30-Knitting 1:30-Tai Chi ^{Pum}	6 9:30-S.Training 11:00-M&M Exercise 12:30-Canasta 12:30-Zumba Gold*	7 <u>"Getting Things in Order-Before and After"</u> March 4, 5:00-7:00 Stauffers/ David Wyngate, Elder Law Attorney
8 Classes marked with asterisk means they are scheduled in sessions, prepayment and preregistration is required, s. training and M&M exercise-pay as you go Daylight Saving Time Begins	9 9:30-S.Training 11:00-M&M Exercise 12:30-Music by <u>"Who So Ever Will"</u> 1:00-Open Studio	10 11:00-S.Training 12:00-Mah Jongg 12:15-Chair Yoga * 12:35-Bingo	11 9:00-S.Training 10:00-Rummikub 10:15-English/Spanish 11:00-M&M Exercise 12:00-Birthday Celebrat. 12:30-Bridge/Pinochle 12:30-Zumba Gold* 1:30-Line Dancing*	12 9:00-Quilting 9:00-Chinese/English 11:00-S.Training 12:15-Chair Yoga * 12:30- <u>"My Last Responsibilities"</u> /Rollins Funeral Home 1:00-Bookmobile 1:30-Tai Chi*	13 9:30-S.Training 11:00-M&M Exercise 12:30-Canasta 12:30-Zumba Gold*	14 Light dinner at 5:00 \$5.00, reservations required, meal and/or program- 301-600-1048
15 On Feb. 12, 12:30 Gary Rollins Funeral Home will present <u>"My Last Responsibilities"</u> Help your family prepare, what YOU should do!!	16 9:30-S.Training 11:00-M&M Exercise 12:30- <u>"Crafts with Cathy"</u> 1:00-Open Studio	17 11:00-S.Training 12:00-Mah Jongg 12:00-Special Meal/ Corn Beef/Cabbage/ Refreshments 12:15-Chair Yoga * 12:35-Bingo <small>St. Patrick's Day</small>	18 9:00-S.Training 10:00-Rummikub 10:15-Computer D.G. 10:15-English/Spanish 11:00-M&M Exercise 12:30-Bridge/Pinochle 12:30-Zumba Gold* 1:30-Line Dancing*	19 9:00-Quilting 9:00-Chinese/English 10:30-AARP Driving 11:00-S.Training 12:15-Chair Yoga * 12:30- <u>"How to Take Care of Your Skin"</u> /Steve 1:30-Knitting 1:30-Tai Chi*	20 9:30-S.Training 11:00-M&M Exercise 12:30-Canasta 12:30-Zumba Gold* <small>Spring Begins</small>	21 <u>"AARP Safety Driving Class"</u> March 19-10-3:00 AARP members-\$15 Non-Members-\$20 301-600-1605 to register
22 The Center no longer uses Key Cards for attendance, please sign in on the rosters provided in each class, if your name is not on the roster, please print your name at the bottom	23 9:30-S.Training 11:00-M&M Exercise 12:30- <u>W. of Fortune</u> 1:00-Open Studio	24 11:00-S.Training 12:00-Mah Jongg 12:15-Chair Yoga * 12:35-Bingo	25 9:00-S.Training 10:00-Rummikub 10:15-English/Spanish 11:00-M&M Exercise 12:30-Book Club 12:30-Bridge/Pinochle 12:30-Zumba Gold* 1:30-Line Dancing*	26 9:00-Quilting 9:00-Chinese/English 11:00-S.Training 12:15-Chair Yoga * 12:30- <u>"How Else Can I Heal"</u> 1:00-Bookmobile 1:30-Tai Chi*	27 9:30-S.Training 11:00-M&M Exercise 12:30-Canasta 12:30-Zumba Gold*	28 <u>"Fit To A T"</u> Will present different modalities of healing: acupuncture/ reiki/yoga/tai chi/herbal remedies March 26-12:30
29 <small>Palm Sunday</small>	30 9:30-S.Training 11:00-M&M Exercise 12:30- <u>Music with Evelyn & Charles Summers</u> 1:00-Open Studio	31 11:00-S.Training 12:00-Mah Jongg 12:15-Chair Yoga 12:35-Bingo	 <div> <h1>March 2015</h1> <h2>FREDERICK SENIOR CENTER</h2> </div>			